GOOD HOUSEKEEPING'S

HOME MADE SWEETS & COOKIES

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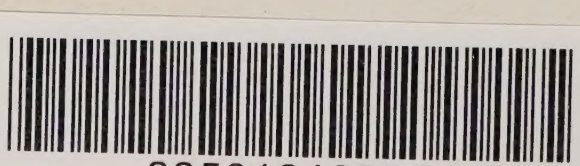

Good Housekeeping's

Home Made Sweets and Cookies

Recipes tested by

GOOD HOUSEKEEPING INSTITUTE

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Home-Made Sweets and Cookies

This book is produced in the full knowledge that sweet-making is possible to only a limited extent at the present time. We have, however, received so many requests for information about home-made sweets that we have compiled this collection of recipes, which, because they do not make too heavy demands on the rationed goods, should be within the reach of most households. Although sugar is of course a necessary ingredient in most of the recipes, the quantity has been kept to a minimum amount, which can often be saved without undue difficulty from the family ration.

For the Sweets, no elaborate equipment is necessary, though a sugar-boiling thermometer is desirable, except for the very simple sweets (some of which, indeed, require no cooking at all). If no thermometer is available, the temperature of the syrup may be judged by its appearance and by dipping a little in cold water (see page 12), but this is not so accurate when a specific temperature is required.

In the section on Cookies, the aim has been to provide recipes for a variety of biscuit and cake cookies that are economical in both time and ingredients, but which at the same time give a party atmosphere to the tea table.

Sweets That Need No Cooking

There are many kinds of sweets that can be made from unboiled fondant, mock fondant, marzipan and mock almond paste, using different colourings and flavourings to introduce variety.

When rolling out marzipan or uncooked fondant do it on a sugared board, forming the paste into a well-shaped roll and cutting pieces of equal size from it. Allow these to harden for about 12 hours in a dry place.

Dates and steamed or soaked prunes may be stuffed with scraps of fondant and marzipan to make an interesting sweetmeat.

Hints on Moulding and Shaping Fondant or Marzipan

1. It is important to obtain the correct consistency. If the mixture is too moist a dusting of icing sugar should be blended with it until it is stiff enough to handle.

2. Thorough kneading is essential, to blend the colouring and flavouring and also to obtain a smooth texture, a surface free from cracks and a pliable paste.

3. When the fondant or marzipan is being kneaded it should first be cut into pieces of equal size, then formed into balls. Having obtained a smooth ball, it is quite a simple matter to mould it into another shape.

4. To get varied shapes it is a good plan to model the sweets as far as possible to suit the flavour and colour. For example, tangerine and orange creams and fondants should be made into balls, slightly flattened at top and bottom, and a rough surface obtained by rubbing gently over a fine nutmeg grater.

Most of the sweet recipes are improved by using clarified margarine; since this fat contains not only salt but also water, both of which must be removed if purified fat is required.

To Clarify Margarine (or Butter)

Heat the fat gently until it is melted, then continue heating slowly without browning until all bubbling has ceased. When the fat is silent it indicates that the water has been driven off. Now remove from the heat and let it stand for a few minutes for the

salt and any sediment to settle at the bottom. Then gently pour off the fat. If much sediment is present, the clarified fat may be strained through muslin, but this is not as a rule necessary.

Coloured Sugar for Decorating Sweets

Put the sugar to be coloured on to a stiff piece of kitchen paper, sprinkle over it a few drops of cochineal or other colouring and rub the sugar between the fingers until the colouring is evenly distributed. Then place the sugar on a baking sheet and allow to dry off in a moderate oven (350°F.). This should take about 10 minutes. Separate the grains with the fingers and when quite dry store in an airtight tin. Use for decoration as required.

UNBOILED MARZIPAN

1 lb. ground almonds
4 oz. castor sugar
4 oz. sieved icing sugar
Juice of small lemon or equivalent in lemon substitute
1 teaspoonful vanilla essence
1 white of egg
Colouring

Mix the dry ingredients, make a well in the centre, add the flavouring and use sufficient white of egg to make the mixture bind to a soft but dry paste. Colour as required, and after shaping leave on a rack to dry for several hours.

MOCK MARZIPAN—I

3 oz. margarine
4 oz. sugar
½ gill water
Almond essence
6 oz. soya flour

Put the margarine, sugar and water into a pan and bring to the boil, stirring, then remove from the heat. Add a few drops of almond essence and stir in the soya flour, a little at a time. Turn on to a board. If the flavour is not strong enough add more essence, kneading to mix it in evenly. Roll it to an even size and use as required.

MOCK MARZIPAN—II

½ gill water
1 tablespoonful golden syrup
2 oz. semolina
A few drops lemon juice or equivalent in lemon substitute
Almond essence

Heat the water and syrup. When boiling sprinkle in the semolina and cook, stirring continuously for about five minutes, or until the mixture is very thick. Remove from the heat, stir in the flavourings and turn the mixture on to a sugared board. Knead until smooth.

CHOCOLATE MARZIPAN

2 oz. grated chocolate
1 tablespoonful hot water
6 oz. ground almonds
3 oz. castor sugar
3 oz. sieved icing sugar
½ egg
1 teaspoonful lemon juice
½ teaspoonful vanilla essence

Melt the chocolate in the water and add to the ground almonds and sugars, which should be thoroughly mixed together. Beat the egg, add the lemon juice and vanilla essence, then add this to the chocolate mixture. Knead well, adding extra lemon juice if required. Shape into mushrooms, new potatoes, etc., or into even-shaped bars. Roll in castor sugar and allow to dry.

NEAPOLITAN BARS

6 oz. marzipan or mock marzipan
A few drops of green, pink and coffee colouring
1 teaspoonful gelatine dissolved in 4 teaspoonfuls hot water
or ½ an egg-white

Dredge a board with icing sugar. Divide the marzipan into three equal pieces and knead a different colouring into each. Roll out into three strips about 2½ ins. wide and ⅛ in. thick. Brush the top of the pink bar very lightly with the dissolved gelatine or slightly beaten egg-white, and press the coffee-coloured bar on to it. Repeat, using the green strip. Cover with grease-proof paper and put in a cold place to set. Cut into small bars or triangles.

MARZIPAN WALNUTS

Marzipan
1 tablespoonful chopped walnuts
Green colouring
A few halved walnuts

Knead the marzipan and work in the chopped nuts and the colouring. Shape into balls and decorate with halved walnuts.

CHERRY MARZIPAN

Surround each glacé cherry with a strip of marzipan so that the cherry shows top and bottom.

UNBOILED OR PLAIN FONDANT

1 lb. icing sugar
A good pinch of cream of tartar
1 teaspoonful of lemon juice or equivalent in lemon substitute
1 white of egg (if not available use egg-white substitute, see below)

Crush out any lumps in the icing sugar by spreading it on clean paper and rolling with a rolling-pin. Rub through a fine sieve: this must be scrupulously clean, or the colour of the icing sugar will be spoilt. Add the cream of tartar, lemon juice and the beaten white of egg, using sufficient to mix to a pliable paste. If the white of egg is large, more sifted sugar may be required to get the right consistency. Knead the paste thoroughly for 5 minutes, then leave for an hour to mellow before using.

Egg-white Substitute

If white of egg is not obtainable a satisfactory fondant can be made by mixing the icing sugar with a gelatine solution. Dissolve in hot water half the amount of gelatine usually used in jelly making (½–1 oz. powdered gelatine—according to strength—to ½ pint liquid). When cold, use this in exactly the same way as egg white, 1 tablespoonful being equivalent to 1 egg white.

COFFEE WALNUT LUMPS

1 lb. icing sugar
2 tablespoonfuls condensed milk
1 tablespoonful coffee essence
2 teaspoonfuls water to mix (approx.)
½ lb. walnuts—shelled and cut in halves

Sieve the icing sugar into a bowl and mix with the condensed milk, coffee essence and water to a very stiff but pliable consistency. Divide into pieces of even size, sprinkle the hands with a little icing sugar and shape the pieces into balls. On each ball press half a walnut and allow to dry off in a warm, dry place.

CREAM FONDANT

1 lb. icing sugar
¼ teaspoonful cream of tartar
2 tablespoonfuls cream or undiluted evaporated milk
½–1 white of egg or egg-white substitute

Roll and sieve the sugar. Add the cream of tartar, the cream or milk and sufficient beaten egg-white to mix to a pliable paste. Knead for five minutes and leave for an hour before using.

MINT CREAMS

1 lb. icing sugar
1 teaspoonful peppermint essence
½ egg white or egg-white substitute
Milk to mix
Green colouring

Rub the icing sugar through a sieve and add the peppermint essence and stiffly beaten egg white, together with a very little milk, to give a thick consistency. Work in a few drops of green colouring, cover with a piece of muslin and allow to stand in a warm atmosphere for about 2 hours. Then form into a roll and cut into even-sized pieces. Form into rounds and flatten. Leave in a warm place to set.

ORANGE DREAMS

Grated rind of 1 orange
2 tablespoonfuls orange juice
2 teaspoonfuls lemon juice
12 oz. icing sugar
1 white of egg or egg-white substitute
Orange colouring
A little angelica

Mix the grated orange rind and fruit juices together and add the sugar and sufficient white of egg to make the mixture of a firm, pliable consistency. Add a few drops of orange colouring and knead well. Shape into small orange balls, rub on a nutmeg grater to imitate orange skin and put a small piece of angelica on each for a stalk. Leave for 24 hours to set and dry.

STRAWBERRY CREAMS

1 lb. icing sugar
Sweetened condensed milk
A few drops strawberry flavouring
A few drops cochineal

Sieve the icing sugar into a bowl and add sufficient condensed milk to form a very stiff but pliable paste. Work in the flavouring and colouring, roll out on a board dusted with icing

sugar and cut into fancy shapes with a small biscuit cutter. Leave for several hours to dry.

LEMON CREAMS

Yellow colouring
A few drops of lemon essence
8 oz. of cream fondant (page 7)
Crystallised lemon or lemon peel

Knead the colouring and essence into the freshly made fondant, and stand aside for 1 hour to mellow. Roll out, cut into wedge-shaped pieces, and put a piece of crystallised lemon on each. Allow to dry for 24 hours.

CHOCOLATE FONDANT

4 oz. finely grated chocolate
8 oz. prepared fondant
Vanilla essence
Crystallised violets, nuts, etc., to decorate

Melt the chocolate over a very gentle heat and allow to cool slightly. Hollow out the fondant, put the chocolate and essence into the centre and knead with the hands, using a dusting of icing sugar to prevent the fondant sticking and to make it easier to handle. Leave for an hour. Roll out, cut into neat squares and decorate with a small piece of crystallised violet or rose leaf or pistachio nut. Allow to dry for 24 hours.

CHOCOLATE BRICKS

Chocolate fondant
Coloured marzipan
White of egg or egg-white substitute

Prepare the chocolate fondant according to the directions given and make some marzipan or mock almond paste. Roll out two thin layers of chocolate fondant about ¼-inch thick, and a piece of marzipan the same size but ½-inch thick. Brush both pieces of fondant lightly with white of egg or egg-white substitute, and place the marzipan between them. Leave for 1 hour or so until set, then cut into neat bricks and leave to dry.

MOCK FONDANT

4 oz. sugar
2 tablespoonfuls water
Small knob of margarine
Vanilla or other flavouring essence
Household milk powder (about 4 tablespoonfuls)

Put the sugar, water and margarine together in a pan, and heat gently until the sugar is dissolved, then cool. Add a few drops of vanilla or other flavouring essence, and stir in sufficient Household milk to make the mixture firm enough to handle.

Take small pieces of the mixture and roll into fancy shapes, then leave to set until quite cold. This "fondant" may be coloured if liked.

CHOCOLATE DATES

1 lb. dessert dates
4 oz. block or slab chocolate
1 tablespoonful boiling water
½ teaspoonful vanilla essence
Silver balls to decorate

Slit the dates lengthwise so that the stone may be removed without breaking the dates. Grate the chocolate into a small pan and add the boiling water and vanilla essence. Stir over gentle heat until the chocolate melts, then stand inside another pan of boiling water so that the chocolate does not solidify too rapidly. With the aid of a small teaspoon open each date and fill with the melted chocolate. Gently press the sides of the dates together and decorate with silver balls. Allow to set in a cold place.

STUFFED PRUNES

2 oz. ground almonds
2 oz. icing sugar
A few drops of lemon juice
A few drops of vanilla essence
½ beaten egg or yolk of egg
Colouring
Soaked prunes

Mix together the ground almonds and sugar, add the flavourings and mix to a stiff paste with the egg. Divide into three and colour the portions green, mauve and pink respectively by working a few drops of colouring into each. Select good quality soaked prunes, remove the stones and replace with a small roll of the almond mixture. Roll the stuffed fruit in granulated or castor sugar, and place in fancy cases.

MARZIPAN DATES

These are prepared in exactly the same way as Stuffed Prunes. The date stones should be removed and the cavity filled with marzipan. Only the best dessert dates should be used.

DATE CREAM BARS

1 lb. icing sugar
Juice of ½ lemon or equivalent in lemon substitute
4 oz. chopped dates
½ egg white
A few drops of cochineal
Water to mix

Sieve the icing sugar into a bowl and add the lemon juice and dates. Mix together with the egg white, the colouring, and a teaspoonful or so of water, to a very stiff cream. Leave it to stand for 1 hour, then roll out, dredge with icing sugar, and cut into small bars.

CHOCOLATE FRUIT BALLS

4 oz. chopped nuts
4 oz. seedless raisins
4 oz. sultanas
Grated rind of 1 orange
¾ teaspoonful almond essence
8 oz. grated chocolate.

Mix together the nuts, raisins and sultanas and put through a mincing machine or chop very finely. Add the orange rind and almond essence and form into small balls. Set aside to dry for 24 hours. Then grate the chocolate and put into a small pan. Melt over gentle heat, then stand over a saucepan of boiling water so that it does not solidify too rapidly. Dip each ball in the melted chocolate and drop on to a well-greased baking sheet and allow to set in a cold place.

Truffles

Truffles are easily made and require very little cooking. In some of the recipes block chocolate is used, and these recipes are intended to stretch the sweet ration. When melting chocolate first grate or shred it. Then stand it in a small basin over a pan of boiling water. Stir constantly and do not allow it to become too hot.

MILKY TRUFFLES

1 gill sweetened condensed milk (undiluted)
1 tablespoonful cocoa
1 oz. margarine
1–2 oz. cake or biscuit crumbs
1 oz. raisins, dates or figs
Chocolate powder to coat

Put the milk, cocoa and margarine into a saucepan. Heat gently, stirring until well blended. Remove from the heat and stir in the cake or biscuit crumbs and the chopped dried fruit. When firm enough to handle, roll into balls the size of a large marble and dust with chocolate powder.

Note : Household milk may be used instead of cake crumbs if a smooth texture is preferred.

CHOCOLATE TRUFFLES

2 oz. block of plain chocolate
1–2 tablespoonfuls sweetened condensed milk
1 tablespoonful Household milk powder
A little cocoa, chocolate powder or desiccated coconut, if available

Melt the chocolate over gentle heat, add the condensed milk and heat gently, stirring, until well blended. Stir in the Household milk powder. Roll into balls the size of a large marble and toss in cocoa or chocolate powder, or if available a little desiccated coconut.

MOCHA TRUFFLES

4 oz. plain chocolate
2 tablespoonfuls sweetened condensed milk
A few drops coffee essence
Cocoa to coat

Break the chocolate into small pieces and melt in a basin standing in a pan of boiling water. Stir in the condensed milk and the coffee essence. Remove the basin from the pan, mix the contents thoroughly, allow to cool slightly, then form into small balls, roll in cocoa and stand to set.

MARZIPAN TRUFFLES

2 oz. cocoa
2 tablespoonfuls water
2 oz. margarine
4 oz. sugar
6 oz. soya flour
Vanilla essence
½ teaspoonful cocoa, grated chocolate or cake crumbs to coat

Blend the cocoa with the water and place in a saucepan with the margarine. Bring slowly to the boil, then remove from heat. Stir in the sugar, add the soya flour and vanilla essence to taste. Knead all the ingredients well together, form into balls, and roll in cocoa, grated chocolate or cake crumbs.

RUM TRUFFLES

3 oz. grated chocolate
1 egg yolk
½ oz. butter or margarine
1 teaspoonful "top of the milk"
1 teaspoonful of rum or a few drops rum essence
Chocolate powder

Melt the grated chocolate over hot water but do not allow it to become too hot. Add the egg yolk, butter or margarine, "cream" and rum, and beat until the mixture becomes thick. Form into balls, using two teaspoons, and roll in chocolate powder. If liked, the truffles may be dipped in melted chocolate.

PEANUT CRUNCHIES

1 tablespoonful peanut butter
1 tablespoonful golden syrup
1 tablespoonful cocoa
1 tablespoonful Household milk powder
4 tablespoonfuls Cornflakes

Work together the peanut butter and syrup until very soft, warming slightly if necessary. Work in the cocoa, Household milk powder and Cornflakes—the mixture should be very stiff. With a teaspoon and a fork put out in rough heaps on a greased tin, and leave in a cool place several hours, or overnight, to dry.

CHOCOLATE CRISPS

4 oz. block chocolate
2 oz. Cornflakes, Puffed Wheat or Rice Crispies

Break down the chocolate in a basin and stand this over a pan of hot water. When the chocolate has just melted, stir in one of the three cereals mentioned and place in heaps on a sheet of greaseproof paper, using two forks or a teaspoon. Allow to set before attempting to move.

CHOCOLATE ALMOND TRUFFLES

2 oz. margarine
2 tablespoonfuls water
½ teaspoonful vanilla almond essence
4 oz. castor sugar
4 oz. soya flour
2 tablespoonfuls sweetened chocolate powder

Melt the margarine in the water over gentle heat. Remove from the heat and add the vanilla essence. Stir in 3 oz. of the sugar, the soya flour and 1 tablespoonful of the sweetened chocolate powder. Turn on to a board, and knead in the rest of the sugar. Leave to become quite firm, then roll in the rest of the chocolate powder.

Toffees, Caramels and Fudges

GENERAL RULES FOR SUGAR BOILING

1. Use a strong, heavy saucepan, large enough to prevent the syrup boiling over.
2. Be very accurate over all weighing and measuring.
3. Dissolve all the sugar before allowing the syrup to boil.
4. After boiling point has been reached do not stir unless specially directed to do so.
5. Brush down the sides of the saucepan with cold water to prevent crystallisation.
6. Use a reliable thermometer* and take the reading at eye level.
7. Immediately the correct temperature has been reached lift off the saucepan without agitating it, and stand on a cool part of the stove.

* Before using a new thermometer, "season" it as follows: Place it in a pan of cold water, bring slowly to the boil and then allow to remain in the water till cold again.

SUGAR-BOILING DEGREES

Boiling point of sugar—215°F.

Sugar commences to boil at 215°F. and will increase in temperature to 315°F. without burning. There are various stages in between, for which confectioners have special names.

The Smooth—215–220°F.

This is used for crystallising purposes.

The Thread—225–230°F.

At this temperature the condition of the syrup is such that if some is put in between the finger and thumb and they are pulled apart it forms a thin, fine thread.

The Pearl—230°F.

At this temperature the bubbles on the surface of the syrup resemble pearls.

The Blow—235°F.

At this temperature, if you dip the loop end of a skewer into the syrup, remove it rapidly and blow through the hole, small bubbles will be formed and will float for a short time before bursting.

The Feather or Soft Ball—240–245°F.

Proceed as above, and blow through the hole. At this temperature, small irregular "feathers" will be formed instead of bubbles. This temperature is

that used for fondant making.

The Ball—250–255°F.

To test this degree the thumb and first finger should be dipped into water, then into the syrup and back into the water. The syrup should then be rolled into a soft ball. If boiling is continued a hard ball is formed.

The Crack—280–300°F.

At this temperature the syrup, if tested in water, forms a hard piece of toffee which can be cracked. For hard toffees it can be taken to 310° F.

Caramel—310–350°F.

The syrup changes after this temperature and becomes caramel. If boiling is continued it becomes almost black and eventually burns.

MAKING TOFFEES

Toffees are very simple to make although they require boiling to a high temperature, from 280–310°F. Some toffees contain butter or margarine but many can be made with sugar, water and flavouring alone.

The following rules for toffee-making should be carefully noted.

1. Use a large pan, and oil or grease the sides to guard against the toffee boiling over.

2. Do not stir unless the recipe specially states that stirring is necessary.

3. Rich mixtures containing cream or milk require stirring but this should be done with the thermometer or a warm spoon.

4. Keep the flame very low after the toffee has reached a temperature of 260°F.

5. If nuts are to be used see that they are warm when they are added to the toffee.

6. When the correct temperature is reached pour the mixture out briskly and do not use a spoon.

7. Cool the toffee at an even temperature and mark out when still warm. (If the toffee is cut while still hot it will lose its shape, but if left to become too cold it is difficult to cut at all.) Use a buttered knife, and when cutting press the knife downwards and cut it straight through with a sawing movement.

SPANISH TOFFEE

3 oz. hazel nuts
1 lb. granulated sugar
1 oz. margarine
1 dessertspoonful vinegar
¼ pint water
A pinch of salt
1 teaspoonful vanilla essence

Chop the nuts roughly and keep them hot. Put all the other ingredients except the nuts and vanilla essence into a saucepan, and stir until dissolved. Remove spoon, and boil toffee with the thermometer in position, without stirring, until it reaches 300°F. or until the toffee will break off crisply when tested in cold water. Add the vanilla. Pour

half the toffee on to a greased slab or tin; sprinkle the hot nuts liberally on the top, then pour over the remainder of the toffee. When set, mark with the back of a knife, and when cold break in pieces. Wrap in wax paper or Cellophane. Store in an airtight tin.

NUTTY TOFFEE SQUARES

¼ pint water
1 lb. sugar
Few drops almond essence
3 oz. blanched split almonds or other nuts, if liked

Put the water, sugar and almond essence into a strong pan, and boil without stirring till a temperature of 310°F. is reached. The temperature must be watched carefully, as it rises rapidly, and the flavour will be spoilt if it is allowed to go higher than this. Spread the almonds on an oiled tin and pour the toffee on to them to form a thin sheet. When sufficiently cool, mark into squares. Break the toffee when cold, wrap in Cellophane and store in an airtight tin.

TOFFEE APPLES

6–8 ripe apples
12 oz. sugar
¼ pint water (short measure)
Pinch of cream of tartar
2 oz. margarine
1 teaspoonful vinegar
¼ pint evaporated milk (undiluted)

Wash and wipe the apples thoroughly.

Put the sugar and water into a strong pan and dissolve over gentle heat. Add the cream of tartar, fat, vinegar and evaporated milk. Bring to the boil, stirring, and boil until a temperature of 290° F. is reached, or until the syrup becomes quite brittle when tested in cold water. Dip the apples one at a time into the boiling syrup by fixing them to wooden skewers or sticks and rolling round in the toffee. Put on a well-greased plate or tin to cool, but remove from the plate before they become quite hard.

HONEYCOMB TOFFEE

8 oz. sugar
Small pinch of cream of tartar
1 tablespoonful golden syrup
½ gill cold water
¼ teaspoonful bicarbonate of soda
1 teaspoonful of warm water

Put the sugar, cream of tartar, golden syrup and cold water into a strong saucepan. Put over gentle heat and stir occasionally with the thermometer until the sugar has dissolved.

Boil without stirring until the mixture reaches 310°F., or the "crack" stage—see page 13. Remove the saucepan from the heat, mix the bicarbonate of soda in the teaspoonful of warm water and add to the boiling toffee. Stir gently and pour at once into a greased tin. Mark when half set.

MAKING CARAMELS

Caramels are not boiled to so high a temperature as toffee. They can be grouped into hard or soft caramels, the hardness being controlled by the temperature to which they are boiled. This ranges from 250°F. for soft caramels to 280°F. for the hard ones.

The ingredients vary according to the richness of the mixture; sugar, butter, cream or condensed milk are used, and therefore the mixture requires constant stirring and attention during the cooking. The general rules for caramel making are exactly the same as for sugar-boiling (see page 12) and, provided care is taken in the weighing and measuring of ingredients, there is no reason why caramels made at home should not be a great success.

CHOCOLATE CARAMELS

3 tablespoonfuls butter or margarine
¼ pint sweetened condensed milk (undiluted)
8 oz. sugar
8 tablespoonfuls treacle
4 oz. grated chocolate
½ teaspoonful vanilla essence

Melt the butter or margarine, add the condensed milk, sugar and treacle. Bring to boiling point, add the chocolate and boil to 245°F. Add the vanilla and allow to cool. Mark in squares and separate caramels with knife or scissors when cold.

CARAMELS

8 oz. sugar
8 oz. golden syrup
¼ pint evaporated milk (undiluted)
Flavouring essence

Put the sugar, syrup and milk into a strong pan and heat gently until the sugar is dissolved. Then bring to the boil and continue until it forms a hard ball when tested in cold water (250°F.). Stir in a few drops of flavouring essence such as vanilla or coffee. Pour into a greased tin, approximately 8 by 6 inches. When cold, turn out and cut into squares, triangles, etc., with a sharp knife, used saw fashion. Wrap in paper and keep in a tin.

COFFEE CREAM CARAMELS

1 lb. sugar
½ teaspoonful cream of tartar
¾ gill milk
1½ gills evaporated milk (undiluted)
2 tablespoonfuls coffee essence

Dissolve all the ingredients in a strong pan, stirring all the time. Boil until the temperature of 236° F. is reached, or until the mixture forms a soft ball when tested in cold water, and pour into a basin to cool. When almost cold stir with a wooden spoon until creamy; cover the mixture and leave for 20 minutes. Knead well, roll out to ½-inch thick and cut into

squares. Lay the squares on wax paper and leave for 24 hours to dry.

MAKING FUDGES

All fudges can be described as low-temperature mixtures since they are boiled to 238°F. or until the mixture forms a soft ball when tested in cold water. Contrary to the rules for sugar-boiling, fudges are stirred gently, as a very slightly crystallised texture is required. When the mixture has reached the correct temperature, remove it from the heat and beat well until it becomes thick and creamy. The mixture should be put into the tin, spread out, and pressed level by tapping the surface with a spatula. When cold it should be cut, a strong knife and heavy downward pressure being used; the ordinary cutting action is not suitable. As the attractiveness of the sweet depends very largely on the cutting, it is worth while taking trouble to get the squares of even size.

COFFEE FUDGE

1 lb. granulated sugar
1½ oz. margarine
½ pint evaporated milk
2 tablespoonfuls coffee essence

Put the sugar, fat and milk into a thick saucepan and stir until the sugar is dissolved. Increase the heat and, stirring continuously, bring to a temperature of 238°F. Remove from the heat, add the coffee essence and beat to a thick cream. Pour into an oiled tin and mark out into squares.

ORANGE FUDGE

¼ pint milk
10 oz. castor sugar
2 oz. margarine
1 tablespoonful orange juice
1 teaspoonful grated orange rind
2 oz. candied orange peel

Boil the milk and sugar together for 5 minutes, then add the margarine, orange juice and grated rind. Stir occasionally and boil to 238°F., then remove from the heat, add the finely chopped candied peel and beat until smooth and creamy. Pour into an oiled tin, and when nearly cold cut into squares.

WALNUT FUDGE

1 lb. sugar
½ pint evaporated milk
1 oz. plain chocolate
1 oz. butter or margarine
2 tablespoonfuls cocoa
A pinch of salt
8 oz. chopped walnuts
1 teaspoonful vanilla essence

Put all the ingredients, except the walnuts and essence, into a pan, and bring to a temperature of 238°F., stirring continuously to prevent burning. Remove from the fire. Add the nuts and essence, beating well until thick and creamy. Pour into a greased tin and cut into squares when cold.

TUTTI FRUTTI FUDGE

4 oz. golden syrup
1 oz. margarine
5 tablespoonfuls condensed milk
2 tablespoonfuls water
1 oz. chocolate
6 oz. sugar
Vanilla essence
6 oz. chopped prunes and dates

Place the syrup, margarine, condensed milk, water and chocolate in a pan and heat. Bring to the boil and boil for 2 minutes. Remove from the heat, add the sugar and dissolve slowly. As soon as the sugar has dissolved bring the mixture to the boil rapidly, and without stirring continue to boil until a temperature of 238°F. is reached, or until a small amount of the mixture forms a soft ball when tested in cold water. Remove from the heat and add two or three drops of vanilla essence, together with the chopped prunes and dates. Beat until creamy and turn at once into greased tins; cut into squares when firm.

CHOCOLATE DATE FUDGE

¼ pint milk
1 lb. brown sugar
3 oz. unsweetened grated chocolate
2 oz. margarine
A good pinch cream of tartar
A few drops lemon essence
4 oz. dates, chopped

Put the milk, sugar, chocolate and margarine into a pan and bring to a temperature of 238°F., stirring frequently, as this mixture is very apt to burn. Remove from the heat. Add the cream of tartar, lemon essence and finely chopped dates, and beat until thick and creamy. Pour into a greased tin and cut into squares when cold.

NUT FUDGE

1 lb. brown sugar
¼ pint milk
A small pinch of bicarbonate of soda
½ gill water
8 oz. chopped nuts

Dissolve the sugar and milk in the water, to which should be added the bicarbonate of soda. Stir occasionally until the sugar is dissolved. Boil to 230 ° F. stirring frequently. Add the nuts and beat carefully until the mixture is thick and creamy. Pour into an oiled tin, cut into squares when nearly cold.

CHOCOLATE GINGER FUDGE

1 lb. granulated sugar
½ pint milk
4 oz. unsweetened chocolate
1 oz. butter or margarine
1-2 oz. preserved ginger
1 teaspoonful vanilla essence

Dissolve the sugar in the milk, add the grated chocolate and butter or margarine and boil to 238 ° F. stirring all the time. Remove from the heat, add the finely chopped ginger and the vanilla essence. Beat well until creamy, turn into a buttered or oiled tin, press with the spatula, and when cold cut into neat squares.

Fondants

Fondant forms the basis of a large number of sweets. It is made by boiling sugar and water together, in the proportion of ¼ pint water to every 1 lb. sugar, to a temperature of 240–250°F. or until it reaches the "feather" stage (see page 12).

The general rules for fondant-making are exactly the same as for sugar-boiling. When the correct temperature is reached the fondant should be cooled on a marble slab or "turned" in a bowl and worked until it becomes opaque and firm. Then roll out on a slab, using icing sugar. Cut the fondant into the required shapes or mould with the hands.

BOILED FONDANT

¼ pint water (full measure)
1 lb. loaf or granulated sugar
1 oz. glucose or a good pinch of cream of tartar

Put the water into a pan, add the sugar and let it dissolve slowly, following the rules for sugar-boiling (page 12). Avoid allowing it to boil before all the crystals of sugar have dissolved. Tap any lumps of sugar with a wooden spoon. When the sugar has dissolved, bring the syrup to the boil and add the glucose or cream of tartar.

Have ready a marble slab or bowl sprinkled with water, pour on the syrup and leave for a few minutes to cool. Then take a spatula in one hand and work the fondant. Continue to collect the syrup into as small a compass as possible, until it becomes opaque and firm. When no slab is available the fondant can be " turned" in a bowl until thick, and then kneaded on greaseproof paper. It is necessary when a bowl is used to let the syrup cool for 15 minutes before "turning" is commenced.

GINGER CREAMS

½ lb. fondant
Brown colouring
Ginger essence to flavour
Crystallised ginger

Knead the colouring and essence into the freshly made fondant and stand aside for 1 hour to mellow. Shape and decorate each piece with a small portion of crystallised ginger, then allow to dry for 24 hours.

HAZEL CREAMS

Colour the boiled fondant a pale green, flavour with

vanilla, shape into small oval sweets and press a hazel nut in the centre of each.

NUT CREAMS

2 oz. chopped hazel nuts or almonds
4 oz. fondant
Lemon essence

Blanch the nuts by pouring on boiling water and then rubbing off the skins. Chop fairly finely. Prepare fondant and knead in the nuts and essence. Roll out about ¼-inch thick and dry for 24 hours. Cut into small bars.

FONDANT CREAMS

Roll plain boiled fondant out on to a slab dredged with icing sugar, and either cut into the required shapes or mould by hand. Fondant cream of the right consistency sets in a few minutes.

Lemon, Raspberry, Violet, Orange and Coffee Fondant Cream can be prepared with suitable colouring and flavouring.

VIOLET CREAMS

½ lb. fondant
A few drops violet essence
Violet colouring
Crystallised violets

Knead a few drops of violet essence and colouring into the freshly prepared fondant, and allow to stand for 1 hour before using. Shape into balls and place a small piece of crystallised violet on the centre of each. Allow to dry for 24 hours.

COCONUT CREAMS

½ lb. fondant
Vanilla essence
¼ lb. coconut
Carmine
Castor sugar

Prepare the fondant, knead in the essence and coconut, divide in half and colour one half a pale pink by working in a little of the carmine. Roll each piece into a strip ¼-inch thick, and place the pink one on top of the white. Press together with the rolling pin, sprinkle with castor sugar, and allow to dry for 24 hours. Cut into small bars.

TANGERINE CREAMS

½ lb. fondant
1 teaspoonful grated tangerine rind
Red and yellow colouring
Cloves
Yellow-coloured sugar

Prepare the fondant, add the grated tangerine rind and a very little red and yellow colouring. Knead well in, and allow to stand 1 hour before using. Shape into balls, rub on a clean fine nutmeg grater to simulate a tangerine skin, and put in a clove to represent the calyx. Roll in yellow castor sugar and allow to dry for 24 hours.

PEPPERMINT CREAMS

1 lb. lump or granulated sugar
1 oz. glucose or ¼ teaspoonful cream of tartar
¼ pint cold water
Oil of peppermint

Heat the sugar, glucose or cream of tartar and water in a strong saucepan until the sugar is melted, and then raise to 240° F. As soon as this temperature is reached, pour the fondant on to a wet enamelled table or slab, sprinkle cold water on the top and allow to cool. Work with a spatula until it becomes a creamy and thick paste, then knead with the hands until smooth and firm. Add a few drops of oil of peppermint. (Oil of peppermint is considerably stronger than essence of peppermint and should be used sparingly.) Continue working the fondant, then roll out. Cut in rounds and leave to dry for 24 hours.

ALMOND CREAMS

2-3 oz. ground almonds
A few drops almond essence
4 oz. fondant
A little green colouring

Work the ground almonds and almond essence into the fondant, add a very little green colouring, and let it stand for one hour. Roll out and cut into narrow bars, and dry for 24 hours. Decorate with half a blanched almond.

OPERA CREAMS

1 lb. sugar
¼ pint water
Pinch cream of tartar
A few drops of almond essence
1 tablespoonful evaporated milk
Sieved icing sugar

Put the sugar, water and cream of tartar into a saucepan and heat slowly, stirring all the time, until the sugar is dissolved Skim when necessary and brush any scum or syrup from the sides of the pan with a brush dipped in cold water. Boil without stirring to 240 ° F. and pour on to a wetted slab or large dish Work until it is opaque, using first a wooden spoon, then the hands. Hollow out slightly and add the almond essence and the evaporated milk, together with sufficient sieved icing sugar to make it of the right consistency for shaping. Form a neat square and roll out 1 inch thick, using a little icing sugar to prevent it sticking. When the mixture is smooth and even leave it until cold, then cut in neat squares with a sharp knife or caramel cutter. This mixture may be made up in different colours and flavours.

Sweets and Cookies

Plate i.

Every child loves a toffee apple. It is an easy sweet to make and needs few ingredients. You will find the recipe on page 14.

Neapolitan bars and balls made from coloured marzipan. See page 6.

Fancy paper cases add to the appearance of truffles and fondants.

Plate ii.

A gift box of home-made sweets, attractively arranged and decorated. Dessert dates stuffed with marzipan make a good sweetmeat. *Page 9.*

Use fancy cutters to make party biscuits from any plain mixture.

A variety of biscuits and cookies made from simple basic recipes.

Plate iv.

Jellies

JELLIES

Some sweets do not rely on sugar alone to stiffen them, but contain also a proportion of gelatine. Whatever type of gelatine is used, make sure that it is a reliable make and follow the instructions printed on the packet very carefully, because gelatine varies in strength.

When using colourings try not to make the mistake of adding too much, for, like flavourings, colourings can be either natural or unpleasantly synthetic.

Allow the jellies to set in a cool place, and remember that they do not keep indefinitely.

TURKISH DELIGHT

8 oz. lump sugar
½ pint water
½–1 oz. powdered gelatine (according to strength)
A few chopped nuts
Colouring and flavouring essence
2 oz. icing sugar
1 oz. cornflour

Put the sugar and half the water into a pan, dissolve slowly and boil until a temperature of 240° F. is reached. Soak the gelatine in the rest of the water, dissolve and bring to the boil. Add to the syrup, together with the nuts, colouring and a few drops of orange water or other flavouring. Pour into a level tin about 6 inches square and allow to cool and set. When set, dip the tin quickly into hot water and turn the Turkish Delight out on to a paper spread thickly with the sieved icing sugar and cornflour. Coat with this and cut into squares with a knife which has been dipped into hot water. Roll each square very thoroughly in the sugar and cornflour. Pack in tins.

FIG JELLIES

1–2 oz. gelatine (according to strength)
¼ pint water
½ orange
6 oz. sugar
Juice of ½ lemon or equivalent in lemon substitute
1 oz. chopped almonds or other nuts
2 oz. chopped figs
Cornflour
Icing sugar

Dissolve the gelatine in half the water and grate the orange rind. Boil the rest of the water, sugar, lemon and orange juice. Add the chopped nuts, figs and grated rind and boil together for 20 minutes. Add the dissolved gelatine and re-

boil for 10 minutes. Pour the mixture into a wetted tin and allow to set for 24 hours. Dust the hands with equal quantities of cornflour and icing sugar, cut the jelly into small squares and allow to dry for a few hours.

These sweets do not keep for a long period.

RASPBERRY JELLIES

12 oz. loaf sugar
¼ pint of cold water
¾–1 oz. powdered gelatine (according to strength)
2 tablespoonfuls hot water
A few drops of raspberry essence
Few drops of carmine
Icing sugar

Put the sugar and water into a saucepan and dissolve slowly over gentle heat. Boil to 240° F. Soak the gelatine in the hot water, dissolve and bring to the boil. Add to the syrup, together with the raspberry flavouring, colour with a few drops of carmine and strain through muslin. Pour into wet plates or tins: the mixture should not be more than about 1 inch in thickness. Stand in a cool place to set, then cut in cubes and roll in sieved icing sugar.

MARSHMALLOWS

10 oz. sugar
1 teaspoonful cream of tartar
½ pint water
1–1½ oz. powdered gelatine (according to strength)
1 white of egg
Icing sugar

Put the sugar, cream of tartar and ¼ pint of the water into a pan and dissolve over gentle heat. Boil to a temperature of 260° F. Meantime melt the gelatine in the other ¼-pint water and keep the mixture warm. Pour on to the boiling syrup, whisking all the time. Whisk the egg white very stiffly and add it to the syrup. Beat very well until thick and white—about 25 minutes. Pour into a tin lined with greaseproof paper and allow to stand for several hours. Cut into squares, dust well with icing sugar and leave in a warm place for 2 or 3 days. Colouring, if desired, may be added to the mixture before beating.

GINGER JELLIES

¾-1 oz. powdered gelatine (according to strength)
¾ gill cold water
14 oz. castor sugar
1½ gills hot water
1 tablespoonful lemon juice
4 oz. chopped crystallised ginger
Icing sugar
Cornflour

Soak the gelatine in the cold water. Boil the sugar and hot water together for 10 minutes, add the gelatine and boil for 15 minutes. Add the lemon juice and ginger, cool, then pour into a wetted tin. Let stand for 24 hours. Cut into neat squares and allow to dry for a few hours. Toss in a mixture of equal parts of sieved icing sugar and cornflour.

Miscellaneous Sweet Recipes

CANDIED PEEL

The peel of 2 sweet oranges
Water
3 oz. sugar

Remove as much white pith as possible from the peel. Put the peel in a pan with sufficient water to cover it and simmer gently for 1½–2 hours, until the peel is tender. Remove the peel and drain. Dissolve the sugar in 3 tablespoonfuls of the liquid in which the peel was cooked, add the drained peel and simmer gently for about ½ hour, or until the peel becomes transparent and the syrup thick. Add a little boiling water to the syrup if it becomes too thick before the peel is ready. Remove from the pan, put on to a wire tray and allow to stand overnight. Next day roll in granulated sugar and store in a covered jar in a cool place.

MARRONS GLACÉS

Cut the chestnuts lightly through the skins with a sharp knife and put in a warm oven for a few minutes, to facilitate the removal of the skins. Simmer until tender: this will take several hours, but they must not be boiled too quickly, or they will break. Now blanch quickly by throwing them into cold water to whiten them and afterwards drain on sieves. Cover with a sugar and water syrup* at a density of 20° (see below), and then simmer very gently for about 10 minutes, adding a vanilla bean or a few drops of vanilla essence to the syrup. Keep covered with a piece of thick paper which has a hole cut in the centre, and repeat the slow heating for four consecutive days. This increases the density of the syrup and saturates the nuts thoroughly.

Store in the syrup until required, then drain carefully and dry off in a warm room. Boil up some syrup, flavouring it with vanilla, to 235°F., slightly grain it by rubbing round the side of the pan with a wooden spoon, and mix this whitened syrup into the mass. Drop the glacé nuts in, quickly lift out with a fork, lay on fine wire trays and dry in a warm place, e.g. an airing cupboard, for a few minutes, when they will be ready to stand in small paper cases.

* To make syrup of density 20° dissolve 12 oz. sugar in 1 pint of water.

EDINBURGH ROCK

1½ lbs. sugar
¾ pint water
Good pinch of cream of tartar
2 different colourings and flavourings

Put the sugar and water into a saucepan and dissolve carefully, stirring gently from time to time. When the sugar is dissolved, add the cream of tartar and bring to a temperature of 258°F. Pour on to a greased slab and allow to cool for a few minutes. Using a palette knife, gently lift the sides to the centre, and, when cool enough to handle, divide into two portions. Knead colouring and flavouring into each. Dip the fingers in icing sugar and gently pull one portion, without twisting, until it becomes dull. Pull to an even shape and lay on waxed paper. Repeat this with the other portion. When nearly set cut into even strips. Leave for 24 hours in a warm room, until the rock becomes powdery and soft.

Note : The rock may be divided into more than two portions if desired, each being coloured a different shade.

MINTS

1 tablespoonful golden syrup
2 teaspoonfuls sugar (½ oz.)
½ teaspoonful peppermint essence
3 tablespoonfuls Household milk

Boil the golden syrup and sugar together gently for five minutes. Remove from the heat and stir in the peppermint essence and Household milk, a little at a time. The mixture should be very stiff when all the milk is incorporated. Turn out on to a board, form into a long, thin roll and cut off ½-inch lengths with a sharp knife. Leave some hours to harden, and then put into a tin or jar.

PEPPERMINT HUMBUGS

2 tablespoonfuls golden syrup
1 tablespoonful sugar
A few drops peppermint essence
6 tablespoonfuls Household milk

Boil the golden syrup and sugar together for 5 minutes. Remove from the heat and stir in the peppermint essence and Household milk. When cool, form into a roll and cut in lengths with scissors, to get a cushion effect.

SALTED ALMONDS, WALNUTS OR PEANUTS

For each cupful of blanched nuts place about ½ tablespoonful of butter, margarine, or oil in a frying pan and make it hot. Then distribute the nuts in a thin even layer over the surface of the pan. Fry slowly, stirring often, until the nuts are a uniform delicate brown. Remove from the pan and drain. Then sprinkle the nuts generously with fine table salt, using a sprinkler. Spread out to cool and become crisp before serving.

DEVILLED NUTS

Prepare as for salted nuts, but dredge with Cayenne pepper after the salt has been added.

Biscuits

Everyone loves crispy home-made biscuits and cookies. Here are some recipes which are good with "elevenses" or as an accompaniment to stewed fruit, moulds or creams. When you are very short of time but want to make some biscuits, remember that it is not always necessary to stamp the paste out into shapes with fancy cutters; very often it can be cut into fingers, triangles or squares with a sharp knife.

CINNAMON BISCUITS

6 oz. self-raising flour
1 teaspoonful powdered cinnamon
A pinch of salt
2½ oz. margarine
2 oz. sugar
1 egg, fresh or dried (reconstituted)
A little water if necessary
A few chopped nuts (optional)

Sieve together the flour, cinnamon and salt. Cream together the fat and sugar and add the beaten egg. Work in the flour and cinnamon and knead to a smooth paste, using a little water if required. Roll out to about ⅛ inch thick, prick well and cut into small rounds with a fluted cutter. Sprinkle with the chopped nuts, if used, and bake in a moderate oven (350°F.) for 10–15 minutes, or until cooked through.

GINGERNUTS

6 oz. flour
Salt
½ teaspoonful mixed spice
2 teaspoonfuls ground ginger
½ teaspoonful cinnamon
2 oz. margarine
4 oz. brown sugar
Golden syrup to mix (approx. 1 tablespoonful)

Sieve the flour, salt, spice, ground ginger and cinnamon together. Cream the margarine and sugar, stir in the dry ingredients alternately with the golden syrup (which may be warmed very slightly in order to make the mixing easier) to make a stiffish paste. Flour a pastry board lightly. Roll out the paste and cut into small rounds with a cutter. Place on a greased baking tin and bake in a moderate oven (350° F.) for 10-15 minutes.

SHREWSBURY BISCUITS

2 oz. margarine
2 oz. sugar
½ an egg
4 oz. flour
Grated rind of ½ lemon
Water, if necessary

Grease a baking sheet. Cream the margarine and sugar and add the beaten egg. Add the sieved flour and grated lemon rind. Mix

to a stiff paste using a little water if required, and turn out on to a floured board. Knead lightly and roll out thinly. Cut into rounds with a fancy cutter, place on the baking sheet, and bake in a moderate oven (350°F.) until pale brown (about 15 minutes). Allow to cool on a wire tray.

EASTER BISCUITS

8 oz. self-raising flour
Pinch salt
¼ teaspoonful powdered cinnamon
2–3 oz. currants
3 oz. margarine
2 oz. sugar
1 egg, fresh or dried (reconstituted)
Water to mix, if necessary

Sieve together the flour, salt and cinnamon, and clean the currants. Cream together the margarine and sugar and add the egg a little at a time. Work in the flour and currants and add a little water to bind if it becomes necessary. Knead to a soft, pliable dough and roll out to about ⅛ inch thick, prick all over and cut into rounds with a 2-inch cutter. Place on a greased baking sheet and bake in a moderate oven (350°F.) for 20–25 minutes, or until cooked.

DIGESTIVE BISCUITS

6 oz. flour
1½ oz. coarse oatmeal
½ oz. sugar
½ teaspoonful salt
1 teaspoonful baking powder
3 oz. cooking fat or margarine
Milk to mix

Mix the dry ingredients together, and rub in the fat with the tips of the fingers. Add a little milk and mix to a firm dough. Turn on to a floured board, knead lightly and roll out rather thinly. Cut into rounds, place on a greased baking sheet and bake in a moderately hot oven (400°F.) until lightly coloured—about 15 minutes. Cool on a cake rack.

ORANGE JUMBLES

1 orange
2 oz. sugar
4 oz. flour
½ teaspoonful salt
¼ teaspoonful baking powder
1 oz. margarine
A little milk

Wipe the orange, grate off the rind and work it into the sugar until of a uniform yellow colour. Then add enough orange juice to moisten to the consistency of jam. Sieve the flour, salt and baking powder into a basin and rub in the margarine. Form into a dough with a little milk, and roll out to ¼ inch in thickness, using a little flour. Spread with the orange mixture and roll up into a Swiss roll. Cut into slices ¾-inch thick, place on a greased tin and bake in a moderately hot oven (400°F.) for about 15 minutes. Brush over with orange juice and sprinkle with a little sugar.

GOLDEN CRUNCHIES

1½ oz. cooking fat
1½ oz. sugar
2 oz. custard powder
2 oz. self-raising flour
1 oz. semolina
Little milk

Cream the fat and sugar together until light and creamy. Mix the dry ingredients and add them together with just enough milk to make a stiff dough. Roll out ¼ inch thick, prick well, cut into squares and place on a greased baking sheet. Bake in a moderate oven (375°F.) until golden-brown.

FROZEN GINGER BISCUITS

8 oz. flour
½ teaspoonful baking powder
Pinch salt
1 teaspoonful ground ginger
1 teaspoonful ground cinnamon
2 oz. sugar
1 oz. margarine
3–4 oz. peanut butter
1 dried egg (reconstituted)
Milk or milk and water to mix

Sieve together the dry ingredients and add the sugar. Rub the margarine and peanut butter into the dry ingredients until no lumps can be felt. Add the beaten egg and sufficient milk to form a stiff paste. Knead the dough lightly on a floured board and form into a roll. Wrap in a piece of greased paper and place in a refrigerator or cold place for at least 1 hour. Remove the paper, and cut into slices, Swiss roll fashion, making the slices about ¼ inch thick. Allow to thaw slightly, then bake on a greased baking sheet in a hot oven (450°F.) for about 20 minutes, until crisp right through. Cool on a wire rack.

FRUITY DROPS

6 oz. flour
½ teaspoonful baking powder
Pinch salt
⅛ teaspoonful bicarbonate soda
¼ teaspoonful cinnamon
¼ teaspoonful mixed spice
2 oz. fat (margarine or dripping)
3 oz. brown sugar
½ egg, fresh or dried (reconstituted)
½ gill milk or milk and water
2 oz. seedless raisins
1 oz. chopped dates
1 oz. chopped nuts

Sieve together the dry ingredients. Cream together the fat and sugar and add the beaten egg and milk very gradually. Mix in the sieved ingredients and add the raisins, dates and nuts. Drop in small teaspoonfuls on to a greased baking tray and bake in a moderate oven (350°F.) for 10–15 minutes, until golden-brown.

GINGER BISCUITS

4 oz. margarine or lard
4 oz. sugar
3 tablespoonfuls golden syrup
10 oz. flour
1 tablespoonful ground ginger
½ teaspoonful bicarbonate soda

Warm the margarine, sugar and syrup slightly and beat to a cream. Add the flour, ginger and bicarbonate of soda, and mix to a stiff dough. Roll out to a very thin paste, cut into rounds, place on a greased tin and bake in a moderate oven (350°F.) for 15–20 minutes. Leave to become cool and crisp before removing from the baking sheet.

COFFEE DROPS

8 oz. self-raising flour
Pinch salt
3 oz. margarine
3 oz. sugar
1 egg, fresh or dried (reconstituted)
1 tablespoonful coffee essence

Sieve together the flour and salt. Cream the margarine and sugar until soft and white, then add the beaten egg, a little at a time, together with the coffee essence. Fold in the flour and work until smooth. Drop in small spoonfuls on to a greased baking sheet and bake in a hot oven (450°F.) for about 10 minutes. Cool on a cake rack and store in an airtight tin.

GINGER JUMBLES

7 oz. self-raising flour
½ teaspoonful cinnamon
1 teaspoonful ginger
½ teaspoonful cloves
½ teaspoonful bicarbonate of soda
3 oz. margarine
2 oz. sugar
4 oz. syrup
Cream and icing to decorate

Sieve together the dry ingredients. Melt the margarine, sugar and syrup in a saucepan, taking care not to let the mixture boil. Stir it into the dry ingredients, mix well and leave in the basin until quite cold. Roll out the mixture to paper thinness and cut into assorted shapes. Bake in a slow oven (300°F.) for about 20 minutes. Decorate with cream and icing when quite cold and crisp. Keep in an airtight tin.

COFFEE SHORTBREAD CRUNCHIES

4 oz. self-raising flour
2 oz. semolina
1 oz. cornflour
2 oz. peanut butter
1 oz. margarine
2 oz. sugar
1 tablespoonful coffee essence
3 tablespoonfuls water (approx.)

Mix together all the dry ingredients. Rub in the peanut butter and margarine until the mixture resembles fine breadcrumbs. Add the sugar, coffee essence and sufficient water to make a very dry mixture. Turn on to a lightly floured board and roll out to about ¼ inch thick. Shape into shortbread pieces, and place on a greased tin. Bake in a moderately hot oven (400°F.) for about 20 minutes, until golden-brown and fairly firm to the touch.

SEMOLINA CRUNCHIES

4 oz. plain flour
¼ teaspoonful baking powder
Pinch of salt
2 oz. margarine
2 oz. sugar
3 oz. semolina
1 dried egg (used dry)
Milk and water to mix

Sieve the flour, baking powder and salt into a bowl, and rub in the margarine until the mixture resembles fine breadcrumbs. Add the sugar, semolina and the dried egg, and sufficient water and milk to make a stiff biscuit dough. Knead lightly on a floured board and roll out to about ¼ inch thick.

Prick well, and cut either into shortbread shapes or rounds with a fluted cutter. Place on a greased tin, and bake in a moderately hot oven (400°F.) for 20–25 minutes, until crisp through and golden-brown in colour.

PARKIN BISCUITS

6 oz. flour
½ teaspoonful ground ginger
½ teaspoonful mixed spice
1½ oz. margarine
1 oz. sugar
2 oz. warmed syrup
½ teaspoonful bicarbonate soda
1 tablespoonful milk

Sieve together the flour and spices, then cream together the margarine and sugar and add the warmed syrup. Dissolve the bicarbonate of soda in the milk and add it to the mixture, together with the sieved ingredients. Mix well, turn out on to a floured board and knead slightly. Cut into small pieces, shape into buns then place on a greased baking sheet and bake in a moderate oven (350°F.) for 20 minutes, or until they are cooked through.

BRANDY SNAPS

3 oz. syrup
3 oz. margarine
2 oz. flour
2 oz. sugar
½ teaspoonful ground ginger

Melt the syrup and margarine and allow to stand for about ½ hour, then add the flour, sugar and ground ginger and beat well. Put in small teaspoonfuls on to a well-greased baking tin and bake in a moderate oven (350°F.) until well spread and brown. Lift out with a palette knife and curl round a greased wooden spoon handle. Allow to cool.

CHOCOLATE BISCUITS

2 oz. margarine
2 oz. sugar
1 dried egg (reconstituted)
2 oz. plain flour
1 oz. cocoa
2 oz. semolina
A few drops of vanilla essence

Cream the fat and sugar together until soft and white. Beat in the reconstituted egg a little at a time. Sieve the flour and cocoa and mix with the semolina, then knead the dry ingredients lightly in the fat and sugar mixture. If necessary add a little water, together with the vanilla essence—the mixture should be a firm dough.

Roll out into two rounds on a lightly floured board. Scallop the edges with the thumb and first finger, prick well and cut into triangles. Place on a greased tin and bake in a moderate oven (375°F.) for about 20 minutes, until crisp right through.

SUNSHINE BISCUITS

6 oz. flour
A pinch of salt
½ teaspoonful baking powder
2 oz. margarine
2 oz. sugar
egg, fresh or dried, reconstituted
Royal icing, coloured yellow

Sieve the flour, salt and baking powder on to a piece of kitchen paper. Cream the margarine and sugar, stir in the egg, fold in the dry ingredients and mix until sufficiently stiff to roll out. Cut into thin rounds with a crinkled cutter and bake in a moderate oven (350°F.). When cold, spread half the biscuits with yellow royal icing, place the other biscuits on top and coat with the icing.

ALMOND RINGS

8 oz. flour
1 teaspoonful baking powder
Pinch salt
3 oz. margarine or lard and margarine mixed
3 oz. sugar
1 egg, fresh or dried (reconstituted)
1 teaspoonful almond essence
1 oz. chopped almonds

Sieve together the flour, baking powder and salt, and cream together the fat and sugar until soft and white. Add the beaten egg, a little at a time, and the essence. Work in the dry ingredients and knead to a soft dough, using a very little water only if necessary. Roll out to about $\frac{1}{4}$ inch thick and stamp out into rounds with a 2-inch cutter, then with a smaller cutter cut out the centre of each biscuit to make rings. Brush over each ring with a little water and sprinkle with the finely chopped nuts and a little sugar. Bake in a moderate oven (350°F.) for about 15 minutes, until golden-brown and cooked through.

ICED RASPBERRY RINGS

4 oz. flour
1 oz. cornflour
2 oz. fat
1 oz. sugar
Water or milk to mix
Raspberry or other red jam
Icing

Mix together the flour and cornflour and rub in the fat very thoroughly, until no lumps remain. Add the sugar and enough water or milk to make a firm dough. Roll out about $\frac{1}{8}$ inch thick and stamp out an equal number of rounds and matching rings. Place on a greased baking sheet in a moderately hot oven (400°F.) until golden-brown—10–15 minutes. Turn out on to a rack, and when cold spread the rounds with raspberry or other red jam. Run a little icing over the rings and place them on the rounds.

Cookies and Small Cakes

COOKIES AND SMALL CAKES

Even if you lack the time and necessary ingredients to make a "family" cake, you may be able to make some small cakes which will provide a welcome variety on the tea table.

The following recipes are more interesting than the more conventional rock cakes or scones, though in most cases they take very little more fat and sugar, and they can be "knocked up" in a short time.

NUTTY BISCUITS

2 oz. margarine or cooking fat
2 oz. sugar
3 oz. medium or coarse oatmeal
3 oz. plain flour
1 teaspoonful baking powder
½ teaspoonful salt
A little water

Beat together the fat and sugar until soft and creamy. Mix the oatmeal, flour, baking powder and salt, and stir a little at a time into the creamed fat and sugar, adding water as necessary to give a stiff paste. Roll out about ¼ inch thick, press a little extra oatmeal on the surface to give a "nutty" appearance (rolling in lightly with rolling-pin), and cut into biscuit shapes with a pastry cutter, or into fingers. Place on a greased baking-sheet and bake in a hot oven (425°F.) for about 15 minutes, until lightly browned. Cool on a wire tray.

CHERRY AND LEMON SLICES

3 oz. margarine
3 oz. sugar
1 egg
6 oz. flour
1 oz. chopped glacé cherries
A little milk
Lemon glacé icing (see page 39)
Halved glacé cherries to decorate

Warm the fat and sugar and work together until they are of a creamy consistency. Add the beaten egg and sieved flour alternately to the creamed mixture. Beat thoroughly, and stir in the cherries, together with sufficient milk to make of a soft consistency. Blend well, put into a lined greased oblong cake tin and bake in a moderately hot oven (400°F.) until cooked. Remove from the tin and cool on a cake rack. Trim the edges, and cut into oblongs of even size. Coat with lemon glacé icing and decorate with halved cherries.

JIFFY COOKIES

½ tin sweetened condensed milk
2 heaped tablespoonfuls peanut butter
2 oz. Cornflakes
1–2 oz. raisins or sultanas

Cream the condensed milk and peanut butter together, then stir in the Cornflakes and the fruit. Place the mixture in small spoonfuls on a well-greased baking sheet, fairly well apart. Bake in a moderate oven (350°F.) for 15–20 minutes, until golden-brown and firm. Remove from the tin at once and cool on a rack.

ALMOND QUEEN CAKES

8 oz. flour
½ teaspoonful baking powder
Pinch of salt
3 oz. margarine
3 oz. sugar
1 egg, fresh or dried (reconstituted)
1 oz. ground almonds
A few drops almond essence
Water to mix

Sieve together the flour, baking powder and salt. Cream together the margarine and sugar until soft and white, then gradually add the beaten egg. Fold in the sieved ingredients, together with the ground almonds and almond essence and mix to a soft dropping consistency with a very little water. Turn into some greased patty tins or paper cases and bake in a moderately hot oven (400°F.) for about 10–15 minutes, or until golden-brown and cooked through.

CARAWAY CAKES

4 oz. margarine
4 oz. sugar
2 eggs, fresh or dried (reconstituted)
6 oz. flour
1 teaspoonful baking powder
½–1 oz. caraway seeds
2–3 tablespoonfuls water
A few drops vanilla essence

Cream together the margarine and sugar until soft and white. Gradually beat in the eggs, then fold in the flour and baking powder and the caraway seeds, together with sufficient water to give a dropping consistency. Add the vanilla essence. Place in spoonfuls in well-greased patty tins and cook in a hot oven (450°F.) for about 20 minutes, until golden-brown and cooked through. Cool on a cake rack.

CHOCOLATE CRUMB CAKES

8 oz. broken biscuits
3 oz. margarine
1 oz. sugar
1 tablespoonful golden syrup
1 tablespoonful cocoa
1–2 oz. chocolate drops or block chocolate (grated)

Sieve the biscuits, and cream together the margarine, sugar and syrup. Work in the cocoa and stir in the crumbs. Pack into a greased flan ring lined with greased paper at the bottom and leave in a very cold place to set. Remove the flan ring and decorate with the chocolate drops or grated block chocolate, and for a very brief moment place under

the grill, so that the chocolate melts slightly. Set to chill again, then cut into triangles.

CINNAMON CAKES

8 oz. flour
¼ teaspoonful salt
Pinch of bicarbonate of soda
½ teaspoonful cinnamon
1½ teaspoonfuls baking powder
3 tablespoonfuls golden syrup
3 oz. margarine
¼ pint of water (approx.)

Sieve together the flour, salt, bicarbonate of soda, cinnamon and baking powder. Heat syrup and margarine together until liquid, but not really hot, and stir into the dry ingredients, together with enough cold water to make a soft mixture. Fill the greased patty tins so that they are two-thirds full and bake in a moderately hot oven (425°F.) until well risen and golden-brown. (10-15 minutes.)

PIN-WHEEL COOKIES

5 oz. self-raising flour
2 oz. margarine
2 oz. sugar
Milk to mix
A few drops vanilla essence
2 teaspoonfuls cocoa

Sieve the flour into a bowl and rub in the fat very thoroughly. Add the sugar and mix to a stiff dough with the milk, to which has been added a few drops of vanilla essence. Divide the mixture in two, and mix the cocoa with one half. Roll out each half thinly, put the chocolate layer on the white and roll lightly. Cut into slices and place on a greased tin. Bake in a moderately hot oven (400°F.) for about 20 minutes. Cool on a cake rack.

DATE CAKES

8 oz. self-raising flour
¼ teaspoonful salt
¼ teaspoonful spice
3 oz. fat
2 oz. sugar
5 oz. chopped dates
Milk or water to mix

Sieve together all the dry ingredients. Rub in the fat. Add the sugar and chopped dates and mix with the milk or water to a stiff consistency. Put into some greased patty tins or bun tins and bake in a moderately hot oven (400°F.) for about 25 minutes, or until cooked through. Cool on a cake rack.

DATE AND HONEY BUNS

3 oz. margarine
3 oz. honey
1 egg
2 oz. dates
8 oz. flour
1 teaspoonful baking powder
A little milk

Cream the margarine and honey very thoroughly. Add the egg by degrees and beat well. Add the chopped dates and stir in the flour and baking powder, adding enough milk to make a dropping consistency. Half-fill greased and floured patty tins with the mixture and bake in a moderate oven (350°F.) for about 15–20 minutes.

EGGLESS CHOCOLATE BUNS

5 oz. self-raising flour
1 oz. cocoa
Pinch of salt
2 oz. margarine
2 oz. sugar
Vanilla essence
¼ pint milk or milk and water (approx.)

Sieve together the flour, cocoa and salt and rub in the margarine until no lumps remain. Add the sugar, vanilla and the liquid and mix together very thoroughly. Put the mixture into greased bun tins or paper cases and bake in a hot oven (450°F.) for 15–20 minutes.

FAIRY CAKES

1½ oz. fat
1 oz. sugar
3 oz. flour
1 oz. cornflour
¾ teaspoonful baking powder
Milk
Vanilla essence
1 oz. currants

Put the fat into a basin and beat until soft, then add the sugar and continue beating until white and creamy.

Mix the flour, cornflour and baking powder together and sift lightly into the creamed ingredients, adding sufficient milk to give a soft dropping consistency. Add the flavouring and currants, and half-fill greased patty tins with the mixture. Bake in a moderately hot oven (425°F.) for about 15 minutes, until lightly browned and firm to the touch. Cool on a cake rack.

FLAKE MACAROONS

2 oz. lard or margarine
1 oz. sugar
1 tablespoonful syrup
Almond or vanilla essence
3 oz. rolled oats
3 oz. flour
A good pinch of salt
¼ teaspoonful baking powder

Cream the fat and sugar together until soft, then work in the syrup and a few drops of the flavouring essence. Mix together the rolled oats, flour, salt and baking powder, then work them by degrees into the creamed mixture. Divide into pieces about the size of a walnut. Roll each into a ball and place on a greased baking sheet, flattening them into rounds. Bake in a moderately hot oven (400° F.) for about 15 minutes until golden-brown.

COBURG CAKES

3 oz. margarine
3 oz. sugar
1 egg
3 dessertspoonfuls warm water
2 dessertspoonfuls golden syrup
6 oz. flour
¼ teaspoonful bicarbonate soda
¼ teaspoonful allspice
¼ teaspoonful ground ginger
¼ teaspoonful cinnamon

Beat the fat and sugar to a cream, then add the egg, beating thoroughly. Add the water and syrup mixed together and finally add the flour, bicarbonate of soda and spices, sieved together. Stir in lightly and three-quarters fill

small, greased bun tins with the mixture. Bake in a moderate oven (350° F.) for 15 minutes.

FLAPJACKS

2 oz. margarine
2 oz. sugar
2 teaspoonfuls water
5 oz. rolled oats

Melt the margarine in a saucepan, then add the sugar and water. Stir in the rolled oats and mix together very thoroughly. Pack into a greased baking tin, and bake in a slow oven (300°F.) for about 1 hour, until golden-brown. Leave in the tin to cool, and while still warm cut into fingers or squares.

FLUFFY SQUARES

7 oz. flour
1 teaspoonful cream of tartar
½ teaspoonful bicarbonate of soda
2 dried eggs (used dry)
3 oz. sugar
2 oz. margarine
¼ pint milk and water
Jam
Mock cream (see page 39)

Sieve into a bowl the flour, cream of tartar and bicarbonate of soda, together with the dried egg, and add the sugar. Melt the margarine, add the liquid and stir it into the dry ingredients. When well combined, pour into a greased Yorkshire pudding tin and bake in a moderately hot oven (400°F.) for 20–25 minutes, until well risen and firm. Allow to cool. Split through the centre, and spread one half with jam and place the other half on top. Cut into squares, and top with mock cream.

GINGERBREAD SQUARES

6 oz. flour
¼ teaspoonful salt
2–3 oz. cooking fat
1 teaspoonful ground ginger
Pinch of spice
1 dried egg (used dry)
½ teaspoonful bicarbonate of soda
1 oz. sugar
2 oz. dates
½ gill water
2 tablespoonfuls golden syrup

Sieve together the flour and salt and rub in the fat until the mixture is as fine as breadcrumbs. Add the other dry ingredients, cutting the dates into small pieces. Place the water and golden syrup in a saucepan and warm gently. Stir the liquid into the dry ingredients, when a very soft consistency should be obtained. Pour the mixture into a greased Yorkshire pudding tin lined with greased paper and bake in a slow oven (300°F.) for 1¼ hours, until the cake is well risen and of a rich brown colour. Turn out on to a cake rack, and when cold cut into chunky squares.

GINGER PARKINS

2 oz. cooking fat
4 oz. flour
4 oz. oatmeal
2 oz. sugar
¼ teaspoonful ground ginger
¼ teaspoonful cinnamon
½ teaspoonful bicarbonate of soda
1 dried egg (reconstituted)
2 tablespoonfuls syrup

Rub the fat into the flour thoroughly. Add the dry ingredients. Beat up the egg and add it together with the syrup, kneading with the hand. Form into small balls and space well apart on a greased tin. Bake in a moderate oven (375°F.) for 20–30 minutes.

SPONGE FINGERS

2 eggs
2 oz. sugar
3 oz. flour
2 tablespoonfuls warm water

Prepare some sponge finger tins by greasing and dusting with a mixture of 1 teaspoonful each of sugar and flour.

Whisk the eggs and sugar in a basin over a pan of hot water until very thick and light. Sift in the warmed flour by degrees, folding it in very lightly with a metal spoon, together with the water. Half-fill the tins with the mixture and bake in a moderate oven (350°F.) for 10–15 minutes.

MARMALADE BUNS

8 oz. flour
½ teaspoonful bicarbonate of soda
Pinch of salt
5 oz. dripping or margarine
3½ oz. sugar
1 tablespoonful marmalade
1 egg, fresh or dried (reconstituted)
Milk to mix

Sieve together the flour, bicarbonate of soda and the salt. Rub the fat into the flour until no lumps remain, then add the sugar, marmalade, beaten egg and sufficient milk to mix to a stiff consistency. Put the mixture in greased bun tins and bake in a hot oven (450°F.) for 20 minutes, or until cooked through.

MOCHA CAKELETS

1½ oz. fat
1½ oz. sugar
1 dried egg (reconstituted)
2 teaspoonfuls coffee essence
4 oz. self-raising flour
2 tablespoonfuls milk or water
Chocolate filling
Chopped hazel nuts or cake crumbs

Cream the fat and sugar together until light and creamy, then beat in the reconstituted egg by degrees and the coffee essence. Sift in the flour, together with enough milk or water to give a stiff dropping consistency. Three-quarters fill small greased bun tins. Bake in a moderately hot oven (425°F.) for 10–15 minutes. When cold spread top with chocolate filling and sprinkle with chopped hazel nuts or cake crumbs.

GOLDEN BUNS

1½ oz. margarine
2 oz. sugar
Few drops almond essence
3 oz. flour
1 oz. custard powder
Pinch of salt
¾ teaspoonful baking powder
Approx. ¼ pint milk and water

Cream the fat and sugar together until light and creamy, and add a few drops of almond essence. Sieve together the flour,

custard powder, salt and baking powder, and stir them a little at a time into the creamed mixture, together with enough milk and water to make a soft dropping consistency. Three-quarters fill greased patty tins with the mixture and bake in a moderately hot oven (425°F.) for about 15 minutes.

NEGRESS CAKES

6 oz. flour
¼ teaspoonful salt
1 teaspoonful baking powder
3 teaspoonfuls cocoa
2 oz. fat
3 oz. sugar
A few sultanas, if available
Milk and water to mix

Sieve together the flour, salt, baking powder and cocoa, and rub in the fat very thoroughly. Add the sugar and a few sultanas, if available, and mix to a stiff paste with the milk and water. Place teaspoonfuls of the mixture on a greased baking sheet and bake in a hot oven (450°F.) for about 10 minutes.

FLAKE-MEAL COOKIES

2 oz. flour
4 oz. rolled oats
3 oz. sugar
Pinch of bicarbonate of soda
¼ teaspoonful mixed spice
A little grated nutmeg
1 oz. margarine
1 tablespoonful boiling water (approx)

Mix together the flour, rolled oats, sugar, bicarbonate of soda and the spices. Melt the fat, add the water and mix with the dry ingredients to form a firm dough. Turn on to a floured board, form into a roll and chill. Cut into thin slices and lay on a greased baking sheet. Bake in a moderately hot oven (400°F.) for about 12 minutes, or until the biscuits are lightly browned; cool on a cake rack.

OATMEAL COOKIES

3 oz. margarine or lard
3 oz. sugar
4 oz. rolled oats
3 oz. plain flour
Pinch of salt
½ teaspoonful bicarbonate of soda
½ teaspoonful cream of tartar
Water to mix

Cream together the fat and sugar until soft and white. Stir in the dry ingredients, using sufficient water to make a soft dough. Turn on to a lightly floured board and roll out to about ⅛ inch thick. Cut into rounds with a 2-inch cutter and place on a greased baking sheet. Bake in a moderately hot oven (400°F.) for 10–15 minutes until pale golden-brown and firm to the touch.

PEANUT BUTTER COOKIES

1 oz. cooking fat or margarine
2 oz. peanut butter
2 oz. sugar
1 dried egg (reconstituted)
6 oz. flour
½ teaspoonful baking powder
Pinch of spice
¼ teaspoonful nutmeg
1–2 tablespoonfuls milk

Cream the fat, peanut butter and sugar well together. Beat in the reconstituted egg. Stir in the remaining dry ingredients together with enough milk to form a stiff dough. Roll out $\frac{1}{8}$ inch thick, cut into rounds and prick well. Place on a greased baking sheet and bake in a moderate oven (375°F.) for 8–10 minutes.

LITTLE CORNFLOUR CAKES

6 oz. flour
3 oz. cornflour
1 teaspoonful baking powder
Pinch of salt
4 oz. margarine
4 oz. sugar
2 eggs (fresh or dried) reconstituted
Milk
A few drops of vanilla essence
A little apricot jam
Hundreds and thousands, to decorate

Sift together the flour, cornflour, baking powder and salt. Cream the margarine and sugar, add the beaten eggs gradually. Stir in the flour, adding the vanilla essence and a little milk if necessary. Half fill some greased patty tins, and bake in a moderate oven (375 ° F.) for about 20 minutes. When cool, spread with apricot jam and sprinkle with hundreds and thousands.

OATMEAL WELSH CAKES

3 oz. flour
$\frac{3}{4}$ teaspoonful salt
$1\frac{1}{2}$ teaspoonfuls baking powder
3 oz. medium oatmeal
2 oz. sugar
2 oz. margarine or cooking fat
A little grated nutmeg
2 oz. dried fruit
Milk and water to mix

Sieve together the flour, salt and baking powder and add the oatmeal and sugar. Cut up and rub in the fat very finely. Add the grated nutmeg and the fruit and mix to a stiff dough with the milk and water. Roll out to about $\frac{1}{4}$ inch thick, cut into rounds and cook on a lightly greased girdle or hot-plate,

RASPBERRY BUNS

8 oz. flour
Pinch of salt
$1\frac{1}{2}$ teaspoonfuls baking powder
3 oz. fat
2 oz. sugar
A few drops raspberry flavouring
A few drops cochineal
Milk and water to mix
Raspberry jam

Sieve together the flour, salt and baking powder, and rub in the fat until no lumps remain. Stir in the sugar, make a well in the centre and stir in the raspberry flavouring, if used, the colouring, and sufficient milk and water to give a very stiff dough. Shape the dough into rounds, make a hole in the centre of each and put in a little jam. Place the buns on a greased baking sheet and bake in a hot oven (450 ° F.) for 15-20 minutes. Cool on a cake rack. If desired a little more jam may be added to each bun just before serving.

Icings and Mock Cream

LEMON GLACÉ ICING

8 oz. icing sugar
About 1 tablespoonful water
Lemon colouring, if liked
A few drops lemon juice or equivalent in lemon substitute

Sieve the icing sugar and place it in a bowl. Add tepid water, colouring (if used) and lemon juice or substitute. Stand over hot water, mix to a coating consistency and beat until smooth and glossy.

HOUSEHOLD MILK ICING

1 oz. sugar
4 oz. Household milk
Vanilla essence
Warm water to mix

Mix the sugar and milk, add a few drops of vanilla essence, mix to a stiff paste with the warm water and beat well. (This quantity will ice about 9–12 small cakes.)

MOCK CREAM

2 teaspoonfuls cornflour
¼ pint milk
½ oz. margarine
2 teaspoonfuls castor sugar
A few drops vanilla essence

Blend the cornflour with a little of the milk. Bring the rest of the milk to the boil, stirring, and pour on to the blended mixture. Return to the pan and cook for a minute or two, then leave to cool. Thoroughly cream together the margarine and sugar and beat in the cold cornflour mixture with a wire whisk a little at a time. Lastly, add a drop or so of vanilla essence.

ROYAL ICING

8 oz. icing sugar
A few drops lemon substitute
½–1 white of egg or egg white substitute (page 6)

Sieve the icing sugar, using a fine sieve. Put the sieved sugar in a basin, add the lemon substitute and the lightly beaten egg-white. Stir well, adding if necessary a few drops of water to give a stiff paste. Beat vigorously for a few minutes until no lumps can be felt and the icing is very white. Use immediately, and while in use cover the bowl with a damp cloth to prevent the icing from setting.

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